

Follow Your DOCTOR'S Orders



LIVING A HEALTHY LIFESTYLE is the key to good heart health. That means eating right, being physically active, not smoking and following doctor's orders!



COMPLYING WITH YOUR DOCTOR'S ADVICE can be the difference between life and death. Each year thousands of deaths, increased hospitalizations and longer recovery periods after illness or surgery result because patients do not properly follow doctor's orders.

TAKE CHARGE OF YOUR HEART HEALTH! TO MANAGE YOUR RISK OF HEART DISEASE:

- ♥ Follow the instructions of your doctor and pharmacist.
- ♥ Understand your medications. Know what they are for, as well as how and when you are supposed to take them.
- ♥ Share any unpleasant side effects of medication with your doctor. Most medications can be adjusted to counteract side effects.
- ♥ Visit your doctor regularly for checkups.
- ♥ Be informed. Talk to your healthcare provider, ask questions and get the facts.
- ♥ Take an active role in developing a treatment plan that works for you.



For more information, please visit the American Heart Association web site at www.americanheart.org or call 1-800-AHA-USA1

American Heart Association®



Fighting Heart Disease and Stroke



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♥ The Heart of South Carolina ♥

www.scdhec.net/cvh



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